

S o u t h e a s t I d a h o

Medical Reserve Corps *Newsletter*

August-October 2009

Mark your calendar for September 11th

MRC Annual Meeting

1 p.m. to 3 p.m.

Presentations On:

- Point of Dispensing (POD) Refresher Course
- Volunteer Idaho Registry
- H1N1 Update
- Receive an updated MRC Volunteer Guide
- Drawings for prizes!

**The Public is
Welcome!**

Preparedness Fair

4 p.m. to 7 p.m.

Activities and/or Participants Include:

- Health West
- Idaho Power
- Intermountain Gas Company
- National Weather Service
- Pocatello Police Department
- Portneuf Medical Center
- Bannock County Emergency Response Trailers by Chubbuck Fire Department
- Tour the SDHD Emergency Operations Center
- Information on how to Shelter-in-Place
- Receive a Copy of *Your Health Is in Your Hands* Booklet



In This Issue

**National Preparedness Month - Volunteer Idaho Registry
Volunteer Opportunities - H1N1 Influenza Q & A**

National Preparedness Month

September is National Preparedness Month (NPM), a nationwide effort sponsored by the Federal Emergency Management Agency's (FEMA) Ready Campaign in partnership with Citizen Corps. I am pleased to announce the Southeastern District Health Department is taking part in this nationwide effort to encourage individuals, families and communities to prepare for emergencies.

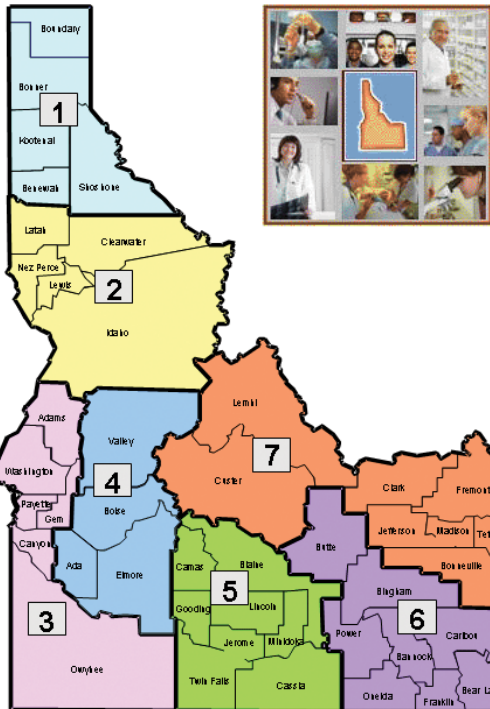
This year, NPM focuses on changing perceptions about emergency preparedness and will help Americans understand what it truly means to be *Ready*. Preparedness goes beyond fire alarms, smoke detectors, dead-bolt locks, and extra food in the pantry. Being *Ready* includes: getting an Emergency Supply Kit; making a Family Emergency Plan; being informed about emergencies and their appropriate responses; and getting involved in community efforts such as the Medical Reserve Corps.

We're taking steps as an organization to become educated, trained, and better prepared, and we urge you to take time in the month of September to do the same at home. There are simple steps you can take to better prepare yourself and your family. Some of these preparedness steps will be highlighted in the Preparedness Fair at the Southeastern District Health Department on September 11th from 4 to 7 p.m. I also encourage you to visit www.ready.gov for more information. Thank you!

Denise O'Farrell



Volunteer Idaho Registry Update



To be compliant with federal grant guidelines, the State of Idaho launched its secure web-based volunteer registry in each of the seven health districts a few months ago. Each of the seven areas now has a registered Medical Reserve Corps and is asking volunteers to register on the site.

Even if you registered with the MRC in the past, it is highly recommended that you go to the site and register again, if you have not already done so. Please go to www.volunteeridaho.org, register on the site itself creating a username and password, and then login to the site to create your file of information about your skill sets and licensure, if applicable.

At one time, the Southeast Idaho MRC had over 200 volunteers registered; currently 45 have gone to the site and registered. We are hoping to get at least 150 of our volunteers registered on the site in the next month!

Volunteer Idaho will also be utilized to contact and mobilize volunteers via email in the event of a disaster, so it is critical that your information is entered into the system. Of course, backup forms of communication will be utilized to contact volunteers in an emergency, but the first attempts will be made using Volunteer Idaho.

On July 28 and 29th, SDHD participated in a statewide exercise to evaluate the Volunteer Idaho system capabilities. Thirteen MRC volunteers from this district responded after receiving an email regarding the exercise. To those of you that participated—Thank You!

If you do not have access to the Internet, please contact us so we can document this in your file and contact you via telephone during an event. If you encounter problems while registering on the site, please contact Michelle Butterfield at 239-5207 for assistance. We will also have a computer dedicated to registering volunteers on September 11th during the MRC Annual Meeting and that afternoon at the Preparedness Fair.

Your Help Is Needed!

H1N1 Influenza Vaccination Clinics

The Southeastern District Health Department has been monitoring the Novel H1N1 influenza situation very closely and has been making preparations for the coming flu season in the fall. Plans are underway to receive the H1N1 influenza vaccine and provide vaccinations to the recommended target groups as directed by the Centers for Disease Control and Prevention (CDC). At this point, the CDC indicates that they are hopeful the vaccine will be ready to send out by mid-October, however, this is a fluid situation requiring flexibility.

SDHD would like to utilize MRC volunteers if and when vaccination clinics are needed. What types of positions are required? Health care professionals with experience in vaccinations, health educators, and clerical staff. **If you are interested in volunteering at a vaccination clinic, please contact Penny Nelson at 239-5295.**

District Distribution Center Exercise in September

The District Distribution Center will conduct an exercise to review the new facility and inventory management software. Medical Reserve Corps volunteers who worked in the DDC during the June 2006 exercise (and others if you are interested!) are encouraged to save the date of Sept 9 or 10 (actual date TBD) for a four hour training exercise that ensures we are prepared to receive and distribute the H1N1 vaccine later this year. This exercise is to prepare for a REAL-WORLD REQUIREMENT.

The new DDC is at the Idaho Foodbank, an outstanding partner for SDHD. Although not next door like the Ballard Building was, the Foodbank is a perfect partner for us, including cold storage and ready-to-use transportation. **To participate in the exercise, please contact Penny Nelson at 239-5295.**

You Can Be a Fit & Fall Proof Class Leader

On Saturday, September 12, 2009, Cherie Nelson will be providing a class to train Class Leaders for Fit & Fall Proof exercise classes from 9 a.m. to 4 p.m.

Participants will learn:

- How to become a volunteer fall prevention class leader
- Safe exercises to enhance balance, strength, and flexibility
- The importance of physical activity for fall prevention
- Why older adults fall
- How the Fit & Fall Proof Program can help prevent falls



Attendees will receive a training manual, lunch provided by Quail Ridge, and CEU's (.4 or 4 contact hours) are available for \$20. The training is provided at the Southeastern District Health Department at 1901 Alvin Ricken Drive. Volunteers are needed in the following areas: Montpelier, Arco, American Falls, and Stone.

Interested? **Call Cherie Nelson today at 478-6315!** Registration is required.

H1N1 Information Q & A

The following information was obtained from the Centers for Disease Control and Prevention website at www.cdc.gov/h1n1flu on August 6, 2009.

Are there human infections with novel H1N1 virus in the U.S.?

Yes. Human infections with the new H1N1 virus are ongoing in the United States. Most people who have become ill with this new virus have recovered without requiring medical treatment. CDC routinely works with states to collect, compile and analyze information about influenza, and has done the same for the new H1N1 virus since the beginning of the outbreak.

Is novel H1N1 virus contagious?

CDC has determined that novel H1N1 virus is contagious and is spreading from human to human.



How does novel H1N1 virus spread?

Spread of novel H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

What are the signs and symptoms of this virus in people?

The symptoms of novel H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Severe illnesses and death has occurred as a result of illness associated with this virus.

How severe is illness associated with novel H1N1 flu virus?

Illness with the new H1N1 virus has ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred.

In seasonal flu, certain people are at “high risk” of serious complications. This includes people 65 years and older, children younger than five years old, pregnant women, and people of any age with certain chronic medical conditions. About 70 percent of people who have been hospitalized with this novel H1N1 virus have had one or more medical conditions previously recognized as placing people at “high risk” of serious seasonal flu-related complications. This includes pregnancy, diabetes, heart disease, asthma, and kidney disease.

One thing that appears to be different from seasonal influenza is that adults older than 64 years do not yet appear to be at increased risk of novel H1N1-related complications thus far. CDC laboratory studies have shown that children and few adults younger than 60 years old do not have existing antibody to novel H1N1 flu virus; however, about one-third of adults older than 60 may have antibodies against this virus. It is unknown how much, if any, protection may be afforded against novel H1N1 flu by any existing antibody.

How long can an infected person spread this virus to others?

People infected with seasonal and novel H1N1 flu shed the virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with the new H1N1 virus.